

LOWER FARM - MENU WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken / quorn Tikka / korma curry with rice and naan	Shepherd's pie Quorn pie	Southern baked chicken nuggets	roast beef Yorkshire pudding	chicken burger veggie burger
Meatballs in a tomato & basil pasta sauce	Breaded fish	pizza	Quorn steak	fish fingers
Garlic slices	Mash potato	Diced potatoes	Roast potatoes Mash potato	It's chips
Mixed vegetables	Green beans	Garden peas Fresh salad	Broccoli/cauliflower sprouts	Sweetcorn Spaghetti hoops
frozen yoghurt	Chocolate and orange Sponge with chocolate sauce	Mixed fruit crumble With custard	Tutti frutti Shortcake custard	Jelly & ice cream
DAILY - FILLED JACKET POTATOES, SALAD BAR, SELECTION OF BREAD, FRESH FRUIT SALAD, YOGHURT.				

